REGINA metro®

NEWS WORTH SHARING.

Out with 'outside' food

Scan the image to watch a video bearing more financial advice from Gail Vaz-Oxlade PAGE 10

WOW, THAT NUN REALLY JUMPS OFF THE PAGE

SEE HER (LITERALLY) SING IN THE PAPER WITH OUR NEW AUGMENTED REALITY (AR) TOOL PAGE 5

THE 'PEG GETS ROCKIN' AND ROLLIN'

Members of Saskatchewan's The Sheepdogs arrive on the red carpet, where they're greeted by Mounties, at Winnipeg's MTS Centre for the Juno Awards on Sunday night. The Saskatoon-based rockers played a key role at the nationally televised awards show in a tribute to Bachman-Turner Overdrive, as that 1970s Winnipeg band was inducted into the Canadian Music Hall of Fame. For Junos coverage, see pages 2 and 8. JOHN WOODS/THE CANADIAN PRESS

Changing transit: Downtown loitering, littering under fire

City hall. Regina transit study recommends 'small, incremental' changes, councillor says

MARCO VIGLIOTTI
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Downtown loitering and littering are under scrutiny by city hall as a problem for Regina Transit and municipal officials to tackle, though a councillor says there are no easy answers on the issue.

A report to go this week before city hall's executive committee outlines a handful of recommendations to mitigate the impact of bus stops on 11th Avenue businesses, such as adding trash bins at transit shelters to reduce littering.

Coun. Wade Murray acknowledges concerns about the number of passengers congregating around downtown stores as they wait for buses.

He cautions, however, that any changes to address these concerns must be made carefully to avoid further problems.

"We typically don't jump very fast," Murray said on Sunday of council's cautious approach to remedying transit issues, noting the importance of reaching out to those affected by any potential move.

"(We have to) be careful."

Recommendations from a city study on transit in Regina's downtown core offer mostly "small, incremental" measures — such as more amenities at bus shelters — that should improve the experience for passengers, according to Murray.

"Unless you ride transit (frequently), you don't fully grasp (many of the issues)," he added.

On Wednesday, the executive committee will consider the transportation study and its recommendations, including one to relocate eastbound bus stops in front of Old City Hall to a block between Lorne and Cornwall streets and to expand security patrols over the entire business day on 11th Avenue between Cornwall and Hamilton streets.

Transit in Regina's core remains a heated topic, as the city's swift population growth places further strain on transportation infrastructure.

During his state of the city address in February, Mayor Michael Fougere hinted that city council will consider plans to ease downtown traffic congestion.

However, he didn't disclose details of the plan.

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See inside

NEWS 1

Regina's George Leach wins aboriginal album of the year

Juno Awards. Queen City resident's win for his sophomore album Surrender comes after the musician took a lengthy break

MARCO VIGLIOTTI
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Regina's own George Leach made a big splash in Winnipeg at this past weekend's Juno Awards.

The Queen City resident's sophomore recording Surrender won the Juno for aboriginal album of the year at a gala dinner as part of the Canadian music awards showcase on Saturday.

"It's a lot to take in right away," a beaming Leach told Juno TV shortly after receiving the award at the Winnipeg Convention Centre.

"It's pretty rock and roll."

Originally from Lillooet, B.C., the talented singer-songwriter released his critically acclaimed debut album Just Where I'm At in 2002, before taking a lengthy break from recording to focus on healthy living and pottery, according to the musician's website.

Leach said his first phone calls after winning the prize would be made to his mother and father.

"It takes so many people to build an artist, and so many experiences to build songs," he continued.

"There's just so much that goes into the way of life of music."

The award, the budding star said, is a sign of recognition from Canada's recording industry, as well as from his peers and audiences. He graciously tipped his hat to his devoted fan base, which went through the years of waiting leading up to his latest album.

The nationally telecast section of the annual awards showcase aired on Sunday night.

Last year's Juno Awards show was held at Regina's Brandt Centre.

Quoted

"It takes so many people to build an artist, and so many experiences to build songs."

Juno winner George Leach

George Leach of Regina celebrates with his trophy after being named winner of the Juno Award for aboriginal album of the year. JONATHAN HAYWARD/THE CANADIAN PRESS

Prosthetic breast coverage in Sask. under review

Deanna Tanner, owner of a business that sells prosthetic breasts
ROSS ROMANIUK/METRO

A petition to cover breast prosthetics for cancer survivors under Saskatchewan's health benefits program is under review by the province's health ministry.

Last November, a group of breast cancer advocates presented a petition signed by some 2,000 people to Health Minister Dustin Duncan.

The petition urged the government to include breast prosthesis in its health-care coverage for residents who are not under social assistance.

Saskatchewan is one of the few provinces that doesn't have such prosthetics in its health-care plan.

"Cancer doesn't discriminate in terms of wage ... and we are so far behind in this that some of the officials we met didn't even realize it wasn't being covered," said Garry Frigon, a board member of Saskatchewan Breast Cancer Connect and owner of Lisa B Originals, a company that sells customized prosthetic breasts.

According to Perry Behl, the ministry's director of drug plans and extended benefits, the petition has entered a review process this month.

"It's going to take some time to do analysis of the coverage ... but targeted completion is later this year," Behl said.

"I don't know if other provinces having this in their coverage is a driving force, but it's certainly a consideration."

Low-income residents are eligible for a $400 reimbursement on one breast prosthetic every three years. Reconstructive surgery is also covered by the provincial government, though Frigon and others stress that such operations are not suitable for all women.

"It's very expensive. It's very invasive surgery. It doesn't always work out," said Deanna Tanner, owner of Regina's PrimaDeanna store that sells breast prosthetics.

SARAH TAGUIAM/METRO

'No sustained drop'

Saskatchewan lax on Earth Hour prep, says SaskPower

It was a mostly bright Earth Hour across Regina and Saskatchewan on Saturday, as residents, for the most part, opted not to turn off lights during the annual, global sustainability drive.

According to provincial utility SaskPower, there was no considerable dip in power usage from 8:30 to 9:30 on Saturday night.

"(There) was no sustained drop in consumption during the hour," SaskPower, a Crown corporation, stated on Twitter.

"(It was) similar to what we saw last year across the province."

Beginning in Sydney, Australia in 2007, Earth Hour encourages individuals, businesses and organizations to turn off their lights and electric devices to show support for climate change action.

The symbolic event has since blossomed into a popular movement celebrated in cities around the world.

METRO

Saskatoon

Police probe 'suspicious' death

Police in Saskatoon are probing the death of a woman whose body was found in a yard at a home in that city this past weekend.

City police, however, have released very little information on the discovery that they describe as "suspicious."

Diane Jacques discovered the body while walking on a path beside the home in the Pleasant Hill area on Saturday.

Officers were called to the residence on Saturday about 12:30 p.m.

Major crime detectives and forensic identification technicians continue to investigate. METRO

Medical marijuana patients worry they'll have to break the law

Pot problems. Some patients argue new system will deny them safe, affordable supply

They might have a temporary reprieve, but pain-stricken Canadians who grow their own medical marijuana say they may soon face a difficult choice: go without the weed they need or break the law to get it.

A Federal Court judge recently granted an injunction that allows thousands of patients to continue cultivating their own marijuana at home, or designate someone to grow it for them — at least until their legal challenge of planned new rules can be argued more fully.

But the federal government is determined to change the system, even if Tuesday's full-fledged launch will be delayed.

If the courts ultimately reject the legal challenge to the plan led by several home growers, anyone other than a licensed producer cultivating pot would be breaking the law.

Still, some medical-marijuana patients argue the new system will deny them a safe, affordable supply of the particular strains of marijuana that make their often debilitating conditions bearable.

Alison Myrden of Burlington, Ont., says she cannot afford to switch to a licensed producer. A former Ontario correctional officer, Myrden is used to playing by the rules. "I don't want to break the law."

Others say they will have little choice if the Federal Court upholds the new system.

THE CANADIAN PRESS

Prices to get high?

- **Price per gram, purchased from Health Canada under the old rules:** $5
- **Expected price per gram, under the new rules:** Expected to initially average about $8.
- **Projection of number of medical marijuana patients by 2024:** Up to 450,000

Frozen embrace to honour tragic centennial

A clay version of a sculpture depicting Reuben Crewe embracing his son Albert John is displayed. In 1914, Crewe and his son set out on the ill-fated voyage of sealing vessel SS Newfoundland. In a fierce storm, they ended up stranded miles from their ship and were later found frozen together on an ice pan, the boy's head tucked against his father's chest as he died. Their embrace will be immortalized in a bronze sculpture as part of ceremonies Monday and later this spring to mark 100 years since the disaster.

FRANK GOGOS/NEWFOUNDLAND BRONZE FOUNDRY/THE CANADIAN PRESS

Top Tory operative resigns amid nomination controversy

Dimitri Soudas THE CANADIAN PRESS

The Conservative party's top operative and campaign organizer Dimitri Soudas resigned Sunday amid a controversy over his fiancée's nomination bid in a suburban Toronto riding.

Riding association presidents received a sudden email from party president John Walsh late Sunday evening informing them of the departure.

"Earlier this evening I was notified of the resignation of Dimitri Soudas as executive director, effective immediately," Walsh wrote in an email.

The party's top governing body, called the national council, was scheduled to discuss the matter. Soudas did not respond to a request for comment.

Soudas is close to Prime Minister Stephen Harper, and had left a senior post at the Canadian Olympic Committee in December to help with the party's 2015 election preparations.

But trouble began to brew within the party's grassroots over his fiancée MP Eve Adams' intention to run in the Ontario riding of Oakville-North Burlington.

Soudas had recused himself from any participation in the nomination there because of his relationship, but that did not seem to quell concerns that the playing field would not be level in the riding.

For the first time since they formed government, the Conservatives are holding open nominations and not protecting incumbents. Party brass are trying hard to dispel the notion that they will help give the parliamentarians an advantage in any way.

Some members said they perceived Soudas was interfering in the nomination race there, which pits Adams against local chiropractor Natalia Lishchyna.

Adams is choosing to run in that riding, rather than the non-adjacent riding she currently represents in Mississauga.

Matters became tense after an unpleasant exchange between Adams and some members of the Conservative riding association at a meeting on Mar. 19.

Soudas' interim replacement is Simon Thompson, the party's top technology man and former executive at Mitel.

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COME OUT AND PLAY

This April and May, Regina Sport District will be offering up to 25 different games activities like cribbage, bridge, bocce ball, golf, predicted time walk and 5 pin bowling for people 55 years and over.
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NW Leisure Centre
1127 N Arnason Street

April 17 - 1-4 p.m.
Regina Senior Citizens Centre
2404 Elphinstone Street

April 24 - 9:30 a.m.-3 p.m.
Golden Mile Centre
3806 Albert Street

FOR MORE INFORMATION, CHECK OUR WEBSITE WWW.SSFA.CA FOR REGINA SPORT DISTRICT, CALL OR EMAIL 306-545-2148 • ABARSS@SASKTEL.NET

See that symbol? It means you can scan this image with your Metro mobile app to see a photo gallery of the operation in the Mare slum complex.

Russia recommends Ukraine federation as Kerry, Lavrov meet

Sunday's meeting. Diplomatic talks proceed while Russia deploys troops along border

U.S. Secretary of State John Kerry, left, shakes hands with Russian Foreign Minister Sergey Lavrov before the start of their meeting.
JACQUELYN MARTIN/THE ASSOCIATED PRESS

Russia on Sunday set out demands for a diplomatic resolution to the crisis in Ukraine, saying the former Soviet republic should be unified in a federation allowing wide autonomy to its various regions as U.S. Secretary of State John Kerry and Russian Foreign Minister Sergey Lavrov met in Paris in another bid to calm tensions.

After a brief call on French Foreign Minister Laurent Fabius, Kerry sat down with Lavrov at the residence of the Russian ambassador to France to go over Moscow's response to a U.S. plan to de-escalate the situation as Russian troops continue to amass along the Ukrainian border.

The men said nothing of substance as they shook hands, although after Kerry ended the photo op by thanking assembled journalists, Lavrov cryptically added, in English, "Good luck, and good night."

Appearing on Russian television ahead of his talks with Kerry, Lavrov rejected suspicions that the deployment of tens of thousands of Russian troops near Ukraine is a sign Moscow plans to invade the country following its annexation of the strategic Crimean peninsula.

THE ASSOCIATED PRESS

Police occupy Rio slum ahead of World Cup

A couple walks past a navy armoured vehicle during an operation to occupy the Mare slum complex in Rio de Janeiro on Sunday. More than 1,400 police officers and Brazilian Marines rolled into the area near Rio's international airport before dawn Sunday in the latest security push ahead of this year's World Cup. Not a shot was fired as the Mare complex became the latest impoverished area to see security forces move in and try to push out heavily armed drug gangs that have ruled Rio's shantytowns for decades. To see a photo gallery, scan the image above using the Metro AR feature on the Metro mobile app.

LEO CORREA/THE ASSOCIATED PRESS

Flight MH370. Search at sea yields no debris linked to missing plane

Despite what Australia called an "intensifying search effort," an international hunt Sunday by aircraft and ships in the southern Indian Ocean found no debris linked to the Malaysian jet that vanished more than three weeks ago.

Several dozen angry Chinese relatives of Flight 370 passengers demanded "evidence, truth, dignity" from Malaysian authorities, expressing their frustrations at a hotel near Kuala Lumpur as the mystery drags on.

Nine aircraft and eight ships searching the waters off western Australia found only "fishing equipment and other flotsam" not connected to the Malaysia Airlines plane, the Australian Maritime Safety Authority said. The Boeing 777 disappeared March 8 while flying from Kuala Lumpur to Beijing with 239 people aboard.

But at least four orange objects that were more than 2 metres in size were seen by the crew of an Australian P3 Orion search plane, said the pilot, Flight Lt. Russell Adams, after returning to base.

"I must stress that we can't confirm the origin of these objects," he said, adding that images of the items have yet to be verified, and a GPS buoy was dropped and ships must still investigate.

Adams said it was "the most visibility we had of any objects in the water and gave us the most promising leads."

THE ASSOCIATED PRESS

The search

The planes and ships are scouring a search zone that was redefined Friday based on satellite data from the Boeing 777, but they have found no debris associated with the flight, said Australian Navy Commodore Peter Leavy.

- The zone lies in a shipping lane where sea trash is common, complicating the effort.
- The planes taking part in Sunday's search included three Australian P3 Orions, a Japanese P3, a Chinese Il-76, a Korean Orion, a U.S. Poseidon and two Malaysian C-130s.

Washington mudslide. Distraught community seeks comfort in church

Families coping with the loss of friends, neighbours and normalcy sought comfort in church services Sunday, as crews worked to recover more victims from the soggy pile of mud that buried the small mountainside community of Oso in Washington state, more than a week ago.

Late Saturday, authorities said the number of people believed missing decreased substantially, from 90 to 30. The official death toll of victims identified by the medical examiner increased to 21, said Jason Biermann, program manager at the Snohomish County Department of Emergency Management.

Rescue crews said Sunday that many of the dogs that have been essential in the search for victims will take a two-day break. Days of sniffing through cold, soupy mud and nearly nonstop rain have taken their toll on the animals, and officials say dogs can lose their sensing ability if they work too long.

THE ASSOCIATED PRESS

Searchers pause for a moment of silence at the scene of a deadly mudslide in Oso, Wash. ELAINE THOMPSON/THE ASSOCIATED PRESS

University of Arizona

Police pepper spray unruly basketball fans

Tucson police shot pepper spray at several hundred fans who took to the streets and threw beer bottles and firecrackers at officers Saturday night after the University of Arizona basketball team's overtime loss to Wisconsin in the NCAA tournament. Fifteen people were arrested for offences such as resisting arrest, disorderly conduct and unlawful assembly, Tucson police Sgt. Pete Dugan said.

THE ASSOCIATED PRESS

Israel and Palestine

U.S. mediators race to salvage peace talks

American mediators held urgent contacts with Israeli and Palestinian officials Sunday in hopes of salvaging troubled Mideast peace talks — searching for a formula to bring the sides back together and extend the negotiations beyond a current late-April deadline.

THE ASSOCIATED PRESS

Venezuela

Pro-gov't militias accused of killing with impunity

Masked gunmen emerged from a group of motorcycle-mounted government loyalists who were attempting to dismantle a barricade in a working-class district of Valencia that's been a centre of unrest since protests broke out last month. When it was over, two men were dead. Shootings by gunmen allied with the government have claimed at least seven lives and left more than 30 wounded since protests began. U.S. Secretary of State John Kerry last month accused the Maduro government of wielding "armed vigilantes" against peaceful protesters.

THE ASSOCIATED PRESS

Iraq

Shooting and bombings kill 16, destroy bridge

A series of attacks in Iraq, including a shooting at a security checkpoint and a suicide car bomb, killed 16 people and destroyed a bridge on Sunday, said officials. THE ASSOCIATED PRESS

Your newspaper now sings

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Wish you could watch Italy's singing nun belt out Alicia Keys right on the page? Now you can

FERNANDO CARNEIRO
National Deputy Editor
fernando.carneiro@metronews.ca

If, like me, you were amazed by the newspaper in Harry Potter where the images come to life, you're going to love today's edition of Metro.

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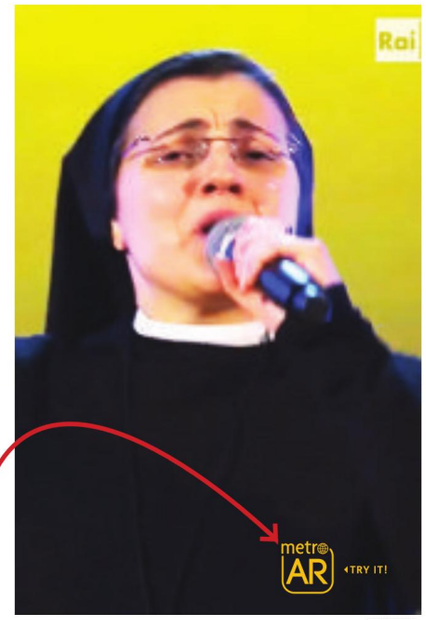
Sister Cristina Sciuccia belting out an Alicia Keys hit song will come to life on your screen. As you move the paper, the video stays put. For a stand-alone experience, close the paper — and pump up the volume.



YOUTUBE

Peacekeepers kill civilians in Central African Republic

Reprisal fears.
A spokesman for peacekeeping soldiers said their actions were a 'legitimate defence' following an attack

Chadian peacekeeping soldiers opened fire on civilians in Central African Republic's strife-torn capital city Bangui over the weekend, killing more than 30 and sparking fears of reprisal attacks, officials and witnesses said.

Jean-Pierre Sadou, a gendarmerie official with the regional peacekeeping mission, could not confirm the death tolls provided by local officials. But he did say the soldiers' actions were a "legitimate defence" after the attack on their convoy.

The soldiers were returning from a mission in the country's interior on Saturday when two of their vehicles were attacked by grenades, said Sadou. In response, the soldiers forced their way past a roadblock erected by French soldiers in Bangui's PK12 neighbourhood and started shooting on the crowd, witnesses said.

More than 20 people were killed in the PK12 neighbourhood alone, said Odette Dombolo, a commune mayor.

"We continue to collect the bodies," Dombolo said Sunday. "There are more than 100 injured, and I mean seriously. We are overwhelmed."

The same soldiers killed four people in the Gobongo neighbourhood, local official Jean Claude Yamodo said, and witnesses said eight more were killed near the airport.

Michel Djotodia, the rebel-leader-turned-president, stepped down in January amid mounting pressure.

Since then, the country's Muslim minority has been targeted in retaliatory violence at the hands of a Christian militia. Tens of thousands of Muslims have fled for their lives to Chad. THE ASSOCIATED PRESS

Tit-for-tat atrocities

Central African Republic, long one of the world's poorest countries, descended into chaos one year ago when an alliance of mostly Muslim rebel groups known as Seleka overthrew President Francois Bozize.

- The rule of the rebel coalition was marked by atrocities, including tying together victims and throwing them off bridges into rivers to be eaten by crocodiles.

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More players in exchange-traded fund game a win for consumers

HOW TO ROLL
Alison Griffiths
metronews.ca

When a business Goliath starts feeling vulnerable, what happens? Out comes the chainsaw! Canada's largest exchange-traded fund (ETF) provider, Blackrock Asset Management Canada, a.k.a. iShares Canada, has just slashed management fees on nine of its funds.

This is excellent news for those who invest passively. Passive or index investing using exchange-traded funds (ETFs) has long been proven to be a winning strategy for retail (i.e. you and me) investors.

ETFs simply track or mimic an index such as the S&P/TSX Composite. The fees are extremely low compared to mutual funds.

Not long ago there was just a handful of ETFs in Canada. Today there are nearly 300. While the plethora of ETFs has produced a more confusing landscape for investors, there's now far more choice. Though the iShares behemoth still dominates with nearly 66 per cent of the market, its share is down from almost 72 per cent a year ago.

In response to ETF competitors, iShares is chopping fees. The biggest beneficiary is the iShares S&P/TSX Capped Composite Index (XIC) with an 80 per cent decline from 0.25 per cent to 0.05 per cent. The popular hedged and non-hedged U.S. ETFs that track the S&P 500 Index, XSP and XUS, have dropped from 0.22 and 0.14 per cent to 0.10 per cent each.

In contrast, the fee range for a Canadian mutual fund holding larger U.S. or Canadian companies is between about 1.9 and 2.6 per cent.

Fees have a huge impact on your bottom line. Let's say you have $50,000 in an RRSP with a 2.2 per cent annual management fee (MER).

At a return of five per cent over 15 years with no new contributions, you will have $74,455 after paying $21,000 in fees. The opportunity cost, or the money you lose by not having the fees working for you, is $8,492.

Contrast this to an ETF with an MER of only 0.10 per cent. The total return is $102,398 and only $1,124 has gone to fees. The opportunity cost is just $424.

ETF fees are already low but iShares' move means more money in the pockets of index investors.

A buffet of exchange-traded funds for Canadians to choose from means keeping more money in your pocket. ISTOCK

Canadian connection

Some top Canadian ETF providers include:

- **BMO Asset Management:** www.etfs.bmo.com
- **First Asset:** www.first-trustetfs.ca/etfs
- **Horizons Exchange Traded Funds:** www.horizonsetfs.com
- **Invesco Limited (PowerShares):** www.invesco.ca
- **iShares by Blackrock:** ca.ishares.com/home.htm
- **RBC Global Asset Management:** funds.rbcgam.com/etfs/
- **Vanguard Group:** www.vanguardcanada.ca

Legal pot producers grow high expectations

From the outside, there's little to distinguish MediJean Distribution Inc.'s headquarters from the unremarkable office complexes and warehouses that surround it in a sprawling slice of industrial suburbia near Vancouver.

Inside, however, the picture is unlike anything else around it. The company is putting the finishing touches on a massive hydroponic operation as it joins a lucrative new industry made possible by Health Canada's overhaul of the country's medical pot system.

One of the facility's growing rooms is already home to dozens of maturing green plants of various strains, and it will soon house many more. The concrete vault is empty, but it will eventually be filled with dried marijuana ready to be shipped across the country.

In contrast to the stereotypical grow-ops of movies and TV newsreels — whether for medical use, the black market, or the uncomfortable place where those two worlds collide — the facility has a sterile laboratory feel, which is precisely the point.

"This is anything but a grow-op," says Anton Mattadeen, the company's chief strategy officer, during a recent tour of the facility in Richmond, B.C.

"It is a clean-run, biopharmaceutical facility designed to produce the highest quality produce available. Whatever your views are based on the stigma (of marijuana), that's not us."

THE CANADIAN PRESS

Rolling out new system

A recent Federal Court ruling injunction will allow patients to continue to grow under the old rules for now, but the commercial regime will still proceed as planned.

- Under the new system, patients send a form signed by their doctor to the commercial producers of their choice.

Marijuana plant strains are held in jars as a MediJean senior lab technician works at the medical marijuana facility in Richmond, B.C., recently. THE CANADIAN PRESS

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Smartphone wars

Apple, Samsung call on courts again in patent battle

The fiercest rivalry in the world of smartphones is heading back to court this week in the heart of Silicon Valley, with Apple and Samsung accusing each other, once again, of ripping off designs and features.

The trial will mark the latest round in a long-running series of lawsuits between the two tech giants that underscore a much larger concern about what is allowed to be patented.

"There's a widespread suspicion that lots of the kinds of software patents at issue are written in ways that cover more ground than what Apple or any other tech firm actually invented," Notre Dame law professor Mark McKenna said. "Overly broad patents allow companies to block competition."

The latest Apple-Samsung case will be tried less than two years after a federal jury found Samsung was infringing on Apple patents. Samsung was ordered to pay about $900 million US, but is appealing. THE ASSOCIATED PRESS

Lac-Mégantic tragedy

Regulator extends MMA Railway operating licence

The Canada Transportation Agency has extended the operating licence of the insolvent railway involved in last July's deadly explosion in Lac-Mégantic, Que., until June 1.

The regulator says it is satisfied Montreal, Maine and Atlantic Railway has adequate third party liability insurance coverage, including self-insurance, to operate until June.

The railway asked for the extension earlier this month, saying it was necessary to allow for continued service to the rail customers pending the completion of the sale and transfer to a new owner.

In January, bankruptcy judges in Quebec and Maine approved the sale of the insolvent railway to Railroad Acquisition Holdings LLC, an affiliate of New York-based Fortress Investment Group, for $14.25 million US.

The company has been granted a couple of extensions since July's explosion and fire that killed 47 people. THE CANADIAN PRESS

PRESERVE OUR HERITAGE, PLEASE

URBAN COMPASS

Christina Cherneskey
regina@metronews.ca

Saskatchewan's heritage buildings must be preserved, lest we lose our identity.

The imminent closure of Connaught Community School in Regina is disappointing. How quickly we forget this was the first school constructed in the Queen City. How convenient, the Regina Public School Board's mind was made up most likely back in the summer. How foolish to demolish instead of being inventive and visionary.

Yet, with bags packed and cameras and wallets loaded, we flee our province each year for vacations elsewhere. Then we scratch our heads in disbelief when told there's "nothing to see in Saskatchewan." Of course not! We let it disintegrate and fall to the ground. There soon will be no heritage left to boast about. It will simply become dust and distant memories.

Connaught was built in 1912. It was designed by prominent local architect J.H. Puntin. The two-storey brick school has a more secular classical design, which served as a prototype for other Regina schools.

There are more of these types of buildings throughout the province. In Saskatoon, Albert School was one of nine schools built between 1907 and 1914. The cornerstones for Albert and King Edward schools were laid in 1911. King Edward was demolished in 1979. Albert still stands.

The courthouse in North Battleford is a three-storey brick and limestone building completed in 1909. It is representative of the public buildings erected by the provincial government around that time.

The University of Saskatchewan College Building was finished in 1912. Its style is known as "collegiate gothic," and is one of very few like this in Canada. It is the earliest and most important building at the U of S campus.

This is the tip of the iceberg of heritage buildings throughout Saskatchewan. I fear that one day another level of government will determine these buildings are too old and "beyond their use."

Taking for granted what we have

Our ancestors came to this province when it had virtually nothing. Cities and towns were built on the backs of our grandparents. We marvel at the sights of ancient cities of the world, yet are quick to dispose of anything in Saskatchewan that holds historical significance.

Our ancestors came to this province when it had virtually nothing. Cities and towns were built on the backs of our grandparents. We marvel at the sights of ancient cities of the world, yet are quick to dispose of anything in Saskatchewan that holds historical significance.

To define heritage, one must preserve the past. Heritage is just that. It shapes who we are and allows us a glimpse into the future.

Christina Cherneskey is news director at 620-CKRM in Regina

MetroTube

On two legs, life's a beach

ANDREW FIFIELD
metronews.ca

Washington's Panda Paws Rescue does a lot of wonderful work rehabbing animals with serious medical needs that may otherwise go neglected.

They also happen to be home to Duncan Lou Who, a real-life boxer version of the Google Street View half-cat.

Duncan, who seems to love nothing more than a little beach romp paired with a touch of heart-melting tenacity, experiences the beach for the first time in this video. Visit pandapawsrescue.org.

The YouTube video of Duncan Lou Who has over one million views. YOUTUBE SCREENGRAB

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This issue, you can find AR enhancements on page 4 in News, page 8 in Scene, page 10 in Life and page 14 in Sports.

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1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

ZOOM

Riot-inspired art decorates Greece

DIMITRI MESSINIS/THE ASSOCIATED PRESS

Graffiti proliferates with lax laws

Artwork by Indonesian-born street artist WD, inspired by a news photograph from recent riots in Istanbul, Turkey, is seen in central Athens. Anti-government demonstrations in Greece have inspired local street artists as the country struggles to emerge from a six-year recession. The inscription on the wall is a quote from Argentine revolutionary Ernesto (Che) Guevara.

Greece has attracted international street artists to its capital, due to the availability of commissioned work and relatively lax anti-graffiti law.

THE ASSOCIATED PRESS

metro

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See that symbol? It means you can scan this image with your Metro News app to see more photos from this weekend's Juno awards gala and red carpet.

SCENE 2

Serena Ryder, Tegan and Sara win big at Junos

Music awards. Ryder thanks mom and dad for paying the bills while she wrote and recorded in her bedroom

Serena Ryder and the duo Tegan and Sara were both double winners midway through the 43rd Juno Awards, claiming several of the annual gala's biggest categories.

The co-hosting Ryder, who kicked off the show with a medley alongside rapper Classified, won songwriter of the year and artist of the year after her breakthrough album Harmony climbed to platinum status this past year. That gives her six career Junos — but if it was old hat, it didn't show in her cheerfully rambling speech.

"I lost a bit of weight because I stopped drinking for the Junos to be on point and my pants are falling down," she said as she first charged onstage. "Holy cow, I really didn't expect to win this but I'm so honoured. Thank you guys so much.

Calgary-reared twins Tegan and Sara, meanwhile, won single of the year for their propulsive hit Closer, beating out a field that included Arcade Fire's shimmering disco exercise Reflektor to claim the prize, their second Juno after they won pop album of the year.

Justin Bieber won his fourth straight Juno Fan Choice award, but with the troubled 20-year-old superstar absent from the proceedings. In her speech accepting songwriter of the year, Ryder actually devoted time to defend the controversial singer.

"I really think that Justin Bieber is an amazing musician," she said.

Due to Metro's deadline, a full list of winners was not available by print time. For a complete list, visit metronews.ca.

Serena Ryder arrives at the 43rd Juno awards. Not only did the singer-songwriter pick up an early Juno for artist of the year, she also co-hosted the awards show with rapper Classified and country artist Johnny Reid. THE CANADIAN PRESS

And the winner is ...

A partial list of early winners at the 43rd Juno Awards::

- **Artist of the year.** Serena Ryder
- **Country album of the year.** Dean Brody, Crop Circles
- **Rap recording of the year.** Drake, Nothing Was the Same
- **Pop album of the year.** Tegan and Sara, Heartthrob
- **Rock album of the year.** Matt Mays, Coyote
- **Breakthrough artist of the year.** Brett Kissel
- **Adult alternative album of the year.** Ron Sexsmith, Forever Endeavour
- **Alternative album of the year.** Arcade Fire, Reflektor
- **Dance recording of the year.** Armin van Buuren & Trevor Guthrie, This Is What It Feels Like

Tegan and Sarah celebrate their Juno Award for pop album of the year. JOHN WOODS/THE CANADIAN PRESS

- **Electronic album of the year.** Ryan Hemsworth, Guilt Trips
- **Metal/hard music album of the year.** Protest the Hero, Volition
- **Reggae recording of the year.** Exco Levi & Kabaka Pyramid, Strive

Due to the late start time of the awards show this year, the complete list of winners was not available by press time. For a full list and more coverage, visit metronews.ca.

Resting up

Thicke a no-show

Robin Thicke

Robin Thicke pulled out of the Juno Awards.

The Blurred Lines singer said he cancelled his performance because he'd been placed on mandatory vocal rest. THE CANADIAN PRESS

Couple strike the right chord ... Kreviazuk and Maida working on album

Musical husband-and-wife team Chantal Kreviazuk and Raine Maida are working on an album together. The pair spilled the news to Metro Winnipeg on Friday before Sunday's JUNO Awards Broadcast, where they received the Allen Waters Humanitarian Award for their charity work.

Kreviazuk said she and Maida, frontman for Our Lady Peace, have been performing together for charity fundraisers and other events for the past few years and an album is the next step. She had no details on when it would be released, and only laughed when asked about Canada's other power music couple who have also recorded songs together — the entity known as Chavril.

"I have no idea what you're talking about," she deadpanned. METRO

Allan Waters Humanitarian Award Recipients Chantal Kreviazuk and Raine Maida are seen holding a Juno Award during the Juno Gala in Winnipeg on Saturday. JONATHAN HAYWARD/THE CANADIAN PRESS

Gwyneth Paltrow and Chris Martin ALL PHOTOS GETTY IMAGES

Too-cool-for-Coldplay Gwynnie won't be missed by boys in the band

Regardless of whether it was Gwyneth Paltrow or Chris Martin who decided to go ahead with the couple's "conscious uncoupling," Martin's bandmates in Coldplay are reportedly relieved, having likened Paltrow to Yoko Ono, according to Radar Online. "The members of Coldplay loathed Gwyneth. (She) never made any attempt to bond with Chris's band members, who also happen to be his best friends," a source says. "In particular, guitarist Jonny Buckland and his wife Chloe had hoped to become closer couples friends with Gwyneth and Chris after they had their own two children, but it never happened. Gwyneth just couldn't be bothered because she would rather hang out with her other famous London friends. It was clear that Gwyneth viewed Chris's life with the band as completely separate from her world." But despite that lack of interest, Paltrow still reportedly took issue with "Chris going on tour with the band so much," the source adds. "She always made him feel guilty and said she was stuck at home with the kids while Chris was off seeing the world. But this is his job. Gwyneth knew she was marrying a rock star, and what did she expect him to do?"

Selena Gomez

Selena subpoenaed? You'd better Belieb it

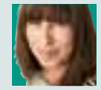
Selena Gomez was just making a normal trip to a convenience store in L.A. recently when she was served with a summons to testify in on-again, off-again boyfriend Justin Bieber's legal dispute with a photographer, according to Us Weekly. Gomez will now have to face questions under oath about a May 2012 incident in which Bieber allegedly kicked paparazzo Jose Duran in the stomach at a shopping mall in Calabasas, Calif. Reports state that Bieber and Gomez left the scene before police arrived. Bieber himself was deposed for a different lawsuit — brought by a different photographer who claims the Canadian pop star assaulted him — earlier this month, though Bieber got belligerent when the line of questioning switched focus to Gomez. "Don't ask me about her again," he repeatedly demanded. Gomez is expected to be subpoenaed in that case as well.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Singer earns RiRi-spect of fashion world



STARGAZING
Malene Arpe
scene@metronews.ca

Rihanna will receive the prestigious CFDA Fashion Icon award. I'm assuming that stands for Chick Finds Drake Adorable.

Angelina Jolie teams up with Stella McCartney for a special Maleficent-themed kids' collection. Unfortunately for all the sweet little tykes out there wanting one of the fun costumes, the collection was completely sold out when Angelina was done shopping for her own children.

A Kanye West photo from a Vogue story shows him as having no mirror reflection. There are a number of reasonable explanations: 1) He is probably a vampire. 2) Someone went too far with the Photoshopping. 3) He is a vampire. 4) He is clearly a vampire.

Jennifer Aniston says tabloids are "toxic." She explains: "Every time I get lonely because I'm old and childless and hug the magazines for comfort, I get a rash."

Lady Gaga says she's not in charge at home as "it's not good for relationships to tell men what to do." Your suggestion about pickled pigs feet and feathers didn't go over well, did it?

There's a very good chance The Backstreet Boys and The Spice Girls could soon be touring together. I've never been happier that I kept my parachute pants and my Union Jack halter top. #onlyslightlymotheaten.

Virtual Winehouse world tour rings hologram

Amy Winehouse

Amy Winehouse may rise again to embark on a world tour — as a hologram. Billionaire Alki David says he's planning to utilize the same technology that led to an appearance by a virtual Tupac Shakur at Coachella in 2012 to keep Winehouse's career going. "With an orchestra and her hologram, she can take the stage and fans can see her perform her legendary hits," David tells the Sun. While initial reports suggested that Winehouse's father, Mitch Winehouse, is on board with the plan, he apparently isn't. "No truth in the hologram story. Utter rubbish as usual," Mitch posted to Twitter this weekend.

See that symbol? It means you can scan this photo with your Metro app to watch a video of Gail Vaz-Oxlade giving more financial advice.

LIFE 3

Brown bag it, get your fill of savings

Think inside the lunch box. A packed meal is a steal compared to eating out every day

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Pack your own lunch for a healthier bank balance. ISTOCK

Over and over I meet families who are spending thousands of dollars a year eating out. And over and over I challenge them to give up buying lunches and coffees and substitute food made at home. It's often a hard sell. I'm not sure why, since I love my own cooking much more than the food I can buy in a fast-food joint — though there are times when I have a hankering for something I don't make particularly well. But, on a day-to-day basis, my food is way better than what one of my fams referred to as "outside" food.

On one episode of Til Debt Do Us Part, I handed a gal a lunch box with my face on it and told her to use it. While her hubby was the primary cook in the family and would often make her lunch, she'd leave it behind. She didn't want to give up eating out with her co-workers, so she'd end up spending between $8 and $12 a day on food at work. Hello! $12 a day, multiplied by 5 days a week, multiplied by 50 weeks a year equals $3,000 a year. That's right, THREE THOUSAND DOLLARS. (And those are after-tax dollars!)

Lunch out packs a punch

$3,000

Spending $12 a day on food at work, multiplied by 5 days a week, multiplied by 50 weeks a year equals $3,000 a year.

Creating a lunch for work does take some time and planning. The first thing out of most people's mouths is, "I don't have time in the mornings!" Really? Then get up earlier, lazy! Are you telling me it's not worth $3,000 a year to you (in after-tax dollars) to get up 15 minutes earlier in the morning? Give your head a shake.

One of our household's favourite salads is lettuce, red pepper, watermelon and feta cheese. No dressing needed because the watermelon is so juicy. Yum! You'd be hard-pressed to find a more healthy or delicious salad. And it's dead easy to pack ahead and eat on the go.

Then, of course, there's always the sandwich. Loads of people hate the idea of sandwiches because they have a tendency to get soggy. Easy solution: Pack each ingredient separately and assemble it at lunchtime. Need to keep the ingredients cold? Freeze a juice box or half bottle of water to pack with your cold ingredients. You can do this with homemade iced tea or iced coffee, too.

Salads and sandwiches are, of course, easy. But there are lots of people who want a hot lunch. It's easy if you have a microwave at work. But if you don't or are on the road, consider this marvellous invention called a Thermos. They're brilliant. Soups, fried rice, chili, lasagna, just about anything can go into one. You can make extra for dinner and pack the leftovers for your next day's lunch. To keep the food hot, preheat the Thermos by pouring boiling water in first for a few minutes, then dumping the water out and adding the reheated food.

Some people say they buy lunch because they love the social aspect of eating out. Hey, I'm as social as the next guy. But being social and going broke is dumb. So pick one day of the week when you'll eat out with friends and give yourself something to look forward to. Maybe you'll choose Wednesday (hump day), or Friday to celebrate the end of the week. Whatever day you choose, lunching out once a week instead of five will cut your spending by 80 per cent.

Better yet, start a Lunch Club at work and pick one day a week when you each bring something to contribute to a group lunch. Or challenge each other to find the cheapest good food in your area, and take advantage of the lunch special. All-day breakfasts at $2.99 can't be beat for value.

Be creative. The idea is to have a great life and save some money, at least until you're debt-free. Hey, if you don't owe nobody nuthin', then you can swallow your money to your heart's desire. But if you're in hock, or haven't been saving two red cents for the future, then you owe it to yourself to use all the tricks at your disposal to make your money work as hard as you do.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

METRO CUSTOM PUBLISHING

Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Claiming tuition credits and dependant parents

Q I have $25,000 in tuition credits carried forward. Can I transfer it to my student loan?

A Sorry, but the carry forward does not work like that. Students are allowed to carry forward tuition and education credits they can't use until they have enough income to claim them. Tuition and education credits are what we call non-refundable, meaning they cannot create a tax refund by themselves. You have to claim them against income tax you paid during the year in order to use them. Non-refundable credits also have to be multiplied by 15% before you claim them. So your $25,000 in credits will mean $3,750 in tax savings. You can certainly apply your tax savings to your student loan as a lump sum once your get your tax refund, but there is no way to do a direct transfer.

Q My elderly parents live with me. Can I claim them as dependants?

A Maybe. It depends on their age and their income. But if they are older than 65 and have low income, you may be able to claim the $4,490 caregiver amount which means about $673 in tax savings. If they are infirm, this is boosted to $6,530 by the family caregiver amount. And depending on their health, you may also want to explore the Disability Tax Credit if either of them qualifies. If they can't use all of the credit, they could transfer it to you.

Visit *hrblock.ca* for a location near you

Canada's coolest courses

Are you majoring in napping with a minor in surreptitiously checking Instagram under your desk? Consider signing up for one of these three out-of-the-box courses, currently being offered at schools across the country. While we can't tell you exactly what's on the syllabus, we guarantee the content won't make you beeline for your dorm bed.

ELENI DEACON
life@metronews.ca

The Sociology of Hockey in Canada

Here's one for the thoughtful jocks. This University of Regina class examines hockey not just as a game, but as an important aspect of our country's culture with implications reaching far beyond the nosebleeds. Themes on the curriculum include how the sport impacts the economy, social inequality, and Canadian nationalism. It all sounds very studious, but when a disagreement breaks out in tutorial, we imagine it's a gloves-off, sticks-down brawl.

FROM LEFT TO RIGHT : MONTE ISOM / FLICKR, BEAR GRAHAM/FLICKR , KATIEW/ FLICKR

Communication Through Meme

Was Feminist Ryan Gosling really that feminist? What are the social dynamics of planking? And is Doge a radical linguistic visionary or just stupid? Some or none of these questions may be answered in Communication Through Meme, a course at the University of Western Ontario that explores the history and impact of memes, both online and off. Instead of slaving over a term paper, students should just submit a picture of a kitten with "I can has A+?" written in block font in the foreground.

The Art of Breaking

Spin on your head, get school credit. That's the in-a-nutshell premise behind this break-dancing class offered at York University in Toronto. But while technique is integral to the course, it's not all six-steps and freezes. In addition to learning b-boy moves, students also explore breakdancing from a historical and political perspective. Which means graduates gain a deeper understanding of hip hop's cultural context along with learning how to do the worm at parties.

They work hard for the money

Pros and cons of quick cash. Their jobs can be rough, dirty, gruelling and lonely, but when the money needs to be made, hard labourers can reap rewards quickly

DAVID SINGH
Metro World News

Chris Zayonce was still relatively new to the oil sands when he came inches away from a silent killer.

Working on an oil rig in Smoky Lake, Alta., Zayonce and his colleagues encountered a pocket of poisonous H2S gas emitting from the ground. The monitor he was wearing on his overalls immediately began to ring — at which point he dashed away from the area. One whiff of the odourless gas would have killed him.

But his work day didn't end there. He and his co-workers were expected to throw on a special suit, mask and oxygen tank so they could get right back to work.

"It was probably one of the freakiest experiences of my life," said Zayonce, 31. "Knowing that you have to go back out and deal with this, but knowing at the same time it can kill you — it was very nerve-wracking."

But such was life for Zayonce at the time. The Surrey, B.C., native spent several years working in the Alberta oil sands. He didn't have any experience, so his job duties were often dangerous and always involved "non-stop physical labour."

Ask why he subjected himself to this, and the answer is simple.

"Money," said Zayonce. "If you go there and do it properly, the paycheques are big. You can go as an unskilled labourer, walk into a job and make $120,000 a year if you're willing to work for it."

When he was on the oil rigs, Zayonce earned $90,000 in just seven months. Then, when he worked on the pipelines, he made well over $100,000 per year.

"But you have to think of the hours I put in," he noted. "(On the pipelines) I worked six days a week, 10-plus hours a day, 52 weeks of the year."

Zayonce's situation is mirrored by many across Canada. According to Ed Ng, an associate professor who teaches human resource management at Dalhousie University, there are several industries that open their doors to unskilled workers willing to move abroad and put in serious labour.

"Agriculture is a major one, food services and domestic help are also desperate for workers," Ng said, adding that there are openings available for unskilled construction workers, fruit pickers, cooks, fast-food employees, cleaners and babysitters.

Many such positions become available in "boom towns," which see their economy boosted by successful industries, like oil and gas in Alberta, for example. But there's the catch.

"Most of the jobs in these industries have undesirable working conditions, such as exposure to hot and cold weather, undesirable locations, unpleasant work environments, and also require hard physical labour," said Ng.

Zayonce, for his part, believes there's more to it than just quick money — in some cases, moving abroad can help boost one's career. He's now back in B.C. and is doing very well with his infrastructure work.

"You can set yourself up for a good career. You can go and advance yourself so by the time you're 30, you can be the boss who runs the jobs, where you're not in the fields with all the risk anymore."

Women in the workforce

Ng says it may be difficult for women trying to get jobs as physical labourers.

- "Manual labour tends to be blue-collar work where men are generally preferred over women because of the physical requirement," he said. "Some women self-select themselves out of certain (areas), like unskilled construction and agriculture, but prefer others, such as nannies or food services."

Ready to pack up and move away from home for work? Ng says many employers use agencies that handle recruitment, which can easily be found online. ISTOCK

A healthy and kid-friendly fave

Chicken Fingers Parmesan. An update on a classic, this dish will have the whole family begging for seconds

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

We've all enjoyed the traditional chicken Parmesan, but let's adapt this into a great family meal, perfect for the kids.

Voilà, chicken fingers Parmesan! So easy to prepare.

The nutritional difference here is that the chicken fingers are baked, not fried, saving you three times the calories — not to mention the fat!

My baked version is flavourful due to the Parmesan breadcrumb coating and the low-fat tomato sauce, which keeps the tenders moist.

You could also try this with turkey breast or white fish fillets! If you don't want to make your own tomato sauce, use your favourite brand. Commercial tomato sauce is a great low-fat addition to any meal, but read the nutrition label for added sugar.

Directions

1. Preheat the oven to 400°F. Lightly coat an 8-inch square baking dish with cooking spray.

2. In a bowl, mix the egg and water. In another bowl, combine the bread crumbs and Parmesan cheese.

3. Dip the chicken fingers in the egg mixture, then the bread crumb mixture.

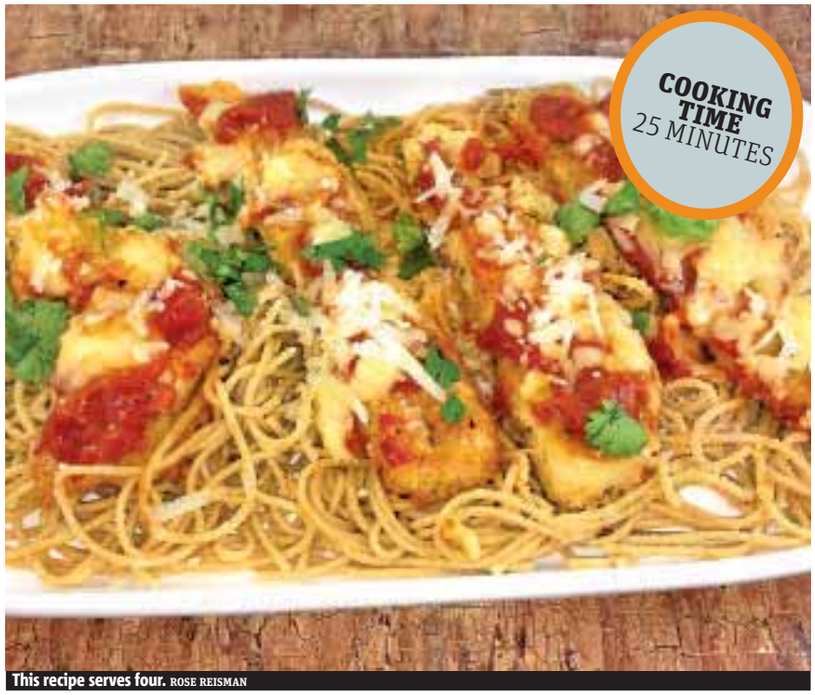
4. Lightly coat a large, nonstick skillet with cooking spray and place over medium-high heat. Add oil and sauté the chicken fingers for 5 minutes per side or just until cooked.

5. Add half the tomato sauce to the baking dish. Place the chicken fingers over the sauce, then pour the remaining tomato sauce over the chicken and sprinkle with the mozzarella cheese. Bake for 5 minutes or until the cheese has melted. Garnish with the basil or parsley.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 egg
- 1 tbsp water (or low-fat milk)
- ¾ cup seasoned dry bread crumbs
- 2 tbsp grated Parmesan cheese
- 1 lb skinless boneless chicken breasts (about 4 breasts cut into 16 strips)
- 1 ½ cup tomato sauce (homemade or store bought)
- ¾ cup shredded mozzarella cheese
- 2 tbsp chopped fresh basil or parsley



This recipe serves four. ROSE REISMAN

The best of the best

BEST NEW PRODUCT AWARD WINNERS CHOSEN

Canadian Living 2014 BEST NEW PRODUCT Voted by Consumers – Research by BrandSpark –

Love to try new products but not sure which ones you'll be happy with?

The 2014 Best New Product Awards can help you there – and then some.

Now in its 11th year, Canada's largest consumer-packaged awards program puts the spotlight on the best new food, beverage, beauty, health and household products in stores. But what's most significant is that the judges are all regular consumers across Canada.

More than 90,000 Canadians participated in this year's study to choose 88 winning products from almost 300 new product innovations that made it onto the final survey list after an exhaustive search for the most promising new products launched in Canada.

"Most of us like to know which products are recommended by the people who have tried them – and these awards let you know what thousands of real Canadian consumers think," said Robert Levy, president and CEO of BrandSpark International, which is the independent market research firm that developed the awards. "In effect, the Best New Product Awards have become the Canadian shoppers' seal of approval," he said.

"In effect, the Best New Product Awards have become the Canadian shoppers' seal of approval."

— Robert Levy, president and CEO of BrandSpark International

For the program, BrandSpark conducted the most extensive consumer feedback survey in Canada: Participating consumers identified which new products they had purchased and rated them on appeal and key aspects of their usage experience, and also explained why they liked, or did not like, these products.

What did the consumers consider important in new products in the different product categories?

In food products, they said taste, improved health benefits and convenience were key. In health and beauty products, ease of use and effectiveness were most important. In the household products category, consumers loved products that were highly effective and worked the first time they were used. Across all categories, the top products were those that consumers felt delivered great value for their money.

"When shoppers purchase a Best New Product Award winner it means that they're buying a product that has been tried and endorsed by thousands of Canadians just like them," said Levy.

The winning products are being promoted by Best New Products Awards partners including Metro News, Canadian Living and Walmart. Select winners will be identified in Walmart stores with shelf signage.

Visit bestnewproducts.ca for more information.

Select winners available at Walmart

It's full steam ahead for a new kind of frozen entrée

Canadian Living 2014 BEST NEW PRODUCT Voted by Consumers – Research by BrandSpark –

If you shop the frozen meal aisle at the supermarket, you may be familiar with VH® Steamers™. If you've tried any of these exotic entrées, your taste buds aren't likely to forget the experience any time soon. That's because VH Steamers take frozen dinners to a refreshing new level.

NOT YOUR TYPICAL TV TRAY DINNERS

What sets VH Steamers apart from the many other meals you find in your store's freezer aisle? For starters, they come in a wide range of Asian-inspired mouth-watering dishes containing tender meats and crisp vegetables. With 10 great varieties, there's definitely a dish for everyone.

But it's not only the choice of wonderful dishes that makes VH Steamers in a class of their own. It's also their unique DuoTray Steamcooker™ technology. Through the power of the DuoTray Steamcooker, food is steam-cooked in its own juices, locking in flavour and preserving the texture of the meal. The technology consists of two components — the Steamer Basket and the Sauce Bowl.

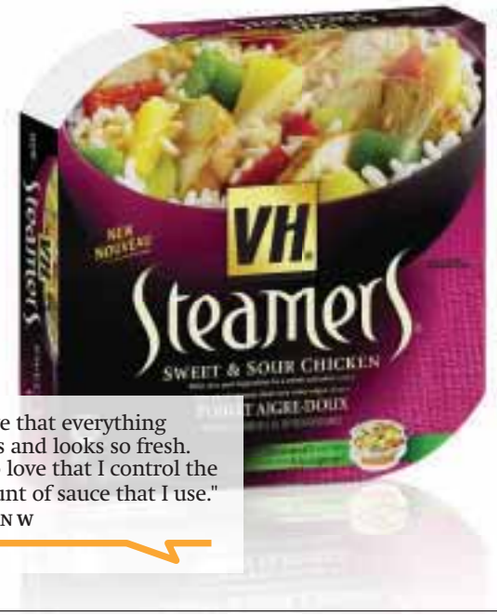
The Steamer Basket holds the vegetables, proteins and pasta. The Sauce Bowl, which contains the sauce and some spices, rests beneath the basket. With a little help from your trusty microwave, steam forms from the sauce, which then cooks the meal in the basket. Once heating is completed, you simply add the contents of the Steamer Basket to the sauce. You can also place steamed food on plate and top it with the amount of sauce you desire. A little or a lot — it's completely up to you.

WHERE IT ALL STARTED

VH has a very unique heritage and story that started in the 1950s with one man's quest to find something more inspiring than the usual North American fare people were accustomed to eating. The man was Vincent Harrison. While on his travels through Asia, Harrison discovered exotic and inspiring tastes he wanted to take home to Canada. His passion was to bring these remarkable flavours and share with Canadians in an approachable way. And so VH was born.

"Today, VH is all about inspiring people to try something new and exciting, with its distinct and flavourful meals," says Paulina Lo, assistant brand manager, VH Steamers. "It's a tradition that began with Vincent Harrison, and it's a tradition we're proud to carry on in every recipe we create."

To learn more about VH Steamers, visit vhcanada.ca.



"I love that everything tastes and looks so fresh. I also love that I control the amount of sauce that I use."
- SUSAN W

Basketball's move towards T-shirt-style jerseys has been met with cringes in some corners. See that symbol? It means you can scan this image to vote on some of the ugliest uniforms in sports.

SPORTS 4

Huskies proving to be title 'predators'

Shabazz Napier cuts down the mesh after his UConn Huskies beat the Michigan State Spartans on Sunday night at Madison Square Garden. ELSA/GETTY IMAGES

NCAA basketball. After win over Spartans, UConn coach Ollie now 4-0 in March Madness

Shabazz Napier owed UConn.

He could have transferred when academic sanctions barred the Huskies from the NCAA tournament his junior season. But the guard wanted to pay back the school for the joy of a national title his freshman year, for his struggles as a sophomore.

Napier sure did that Sunday, carrying UConn back to the Final Four in front of thousands of roaring Huskies fans at Madison Square Garden. He scored 17 of his 25 points in the second half in a 60-54 upset of fourth-seeded Michigan State.

The East Regional's most outstanding player hit three huge free throws with 30.6 seconds left, making clutch shot after clutch shot just as Kemba Walker did when Napier was a freshman. The Huskies (30-8) rallied from a nine-point second-half deficit to become the first No. 7 seed to reach the Final Four since the tournament expanded to 64 teams in 1985.

"His will to win — you could just see it," said Gary Harris, who led Michigan State with 22 points. "He wasn't going to let his team lose."

The Spartans' seniors become the first four-year players recruited by Tom Izzo to fail to make a Final Four.

"As the game got closer and closer to ending, it was on my mind a lot, every huddle," said big man Adreian Payne, who had 13 points and nine rebounds but was repeatedly pushed to the perimeter by UConn's defenders.

The undersized Huskies matched Michigan State's physical play box-out for box-out, holding the Spartans (29-9) to just six offensive rebounds and six points in the paint.

"We're physical, too," said second-year coach Kevin Ollie, who is now 4-0 in the NCAA tournament. "Don't get it mixed up. We are predators out there."

They face Florida in the national semifinals Saturday, and they'll be confident they can beat the No. 1 overall seed. The Gators have won 30 straight, but their last loss was to UConn, 65-64 on Dec. 2.

Wisconsin (2) faces Kentucky (8) in the other semifinal. THE ASSOCIATED PRESS

Louisville's Mangok Mathiang tries to make the T-shirt jersey work during the Cardinals' game against Saint Louis Billikens on March 22 in Orlando. GETTY IMAGES

It's over for Izzo

"We got what we deserved today ... You got to bring it every second. And today Connecticut did, and we just kind of weren't as good as we have been."
Michigan State coach Tom Izzo

Golf

Bowditch blessed with win in Texas

Steven Bowditch held on to win the windy Texas Open Sunday for his first PGA Tour win and a spot in the Masters. The 30-year-old bogeyed the par-5 18th for a 4-over 76 — the highest score by a winner since Vijay Singh had a 4-over 76 in the 2004. THE ASSOCIATED PRESS

Premier League

Liverpool in pole position in England

After a 24-year wait, the English league title could be on its way back to Liverpool.

A 4-0 win over Tottenham on Sunday saw Liverpool overtake Chelsea and become the new Premier League leader in a close fight for the title. THE ASSOCIATED PRESS

Formula One

Mercedes gets 1-2 win for the ages

Lewis Hamilton beat Mercedes teammate Nico Rosberg by 17.3 seconds at the Malaysia Grand Prix, with defending world champion Sebastian Vettel of Red Bull third on Sunday. It was the first one-two by the Mercedes factory team since 1955. THE ASSOCIATED PRESS

Lewis Hamilton GETTY IMAGES

Canada's Koe among skips tied for third

Canada's Kevin Koe was in a four-way tie for third place at the world men's curling championship after splitting his games Sunday at Capital Indoor Stadium in Beijing.

Koe dropped a 9-6 decision to Japan's Yusuke Morozumi in the early draw before improving to 2-1 with a 9-6 victory over China's Rui Liu.

"Obviously it's a long week, but you don't want to get yourself behind the eight-ball early, so obviously it was important to get some stuff figured out," said Canadian third Pat Simmons. "It was a good, gutsy win for us, for sure."

The Calgary-based rink opened the tournament Saturday with a 6-3 win over Denmark.

Norway's Thomas Ulsrud and Germany's John Jahr led at 3-0 after five draws. Canada was tied with Japan, Switzerland and Sweden at 2-1.

Teams are still adjusting to the ice conditions in the warm, humid Chinese capital. There have been some uncharacteristic misses over the first weekend of competition, such as Koe's mistake in the fourth end against China.

"I didn't think I threw it too bad in the fourth," said Koe. "Sometimes you throw it and you think you know what it'll do and it still doesn't do that. So that's frustrating. We're used to a little more out of ourselves, so we just have to realize that it's tough for both teams and we have to stick with it."

The Canadians will play Russia and the Czechs on Monday. THE CANADIAN PRESS

Canada's Kevin Koe releases the stone as his teammates Nolan Thiessen, left, and Carter Rycroft sweep the path during their match against Japan in Beijing on Sunday. ALEXANDER F. YUAN/THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
What some people say and what some people mean will be two entirely different things today. Because of that it's okay to be a bit suspicious, but most people are still honest.

♉ Taurus
April 21 - May 21
You may be more robust than many but some people are ridiculously sensitive and you would be wise to keep that fact in mind today. Say nice things only, for now.

♊ Gemini
May 22 - June 21
Think with your head, not with your heart. The most important thing as the new week begins is to avoid making the kind of silly mistakes that so many other people make.

♋ Cancer
June 22 - July 23
If there is a creative or artistic project you have been struggling to finish the next four or five days will be critical. Either get it done or move on to something new.

♌ Leo
July 24 - Aug. 23
Your dominant position will be challenged over the next few days and you will have to fight hard to retain your status. Anyone who thinks you will roll over does not know you well, which is in your favour.

♍ Virgo
Aug. 24 - Sept. 23
You are advised to hold fire and not be too pushy over the next 24 hours. No matter how ambitious a Virgo you may be there is only so much you can do, so conserve your energy for when you most need it.

♎ Libra
Sept. 24 - Oct. 23
You would be wise to let friends and work colleagues express their opinions today, even if they clash with your own. In the very near future you are going to need their assistance.

♏ Scorpio
Oct. 24 - Nov. 22
If you take a negative view of what is going on you may get stuck in one of those woe- is-me moods that are so hard to shift. Make a conscious effort to look on the bright side.

♐ Sagittarius
Nov. 23 - Dec. 21
There is something that needs to be done. The longer you leave it the more you will have to rush when you do eventually get started and that could lead to mistakes. Make a "to do" list and stick to it.

♑ Capricorn
Dec. 22 - Jan. 20
Find a nice quiet place where you can switch off from the world and get your thoughts together. If you want to find peace in your life you first need to find it in your own heart and head.

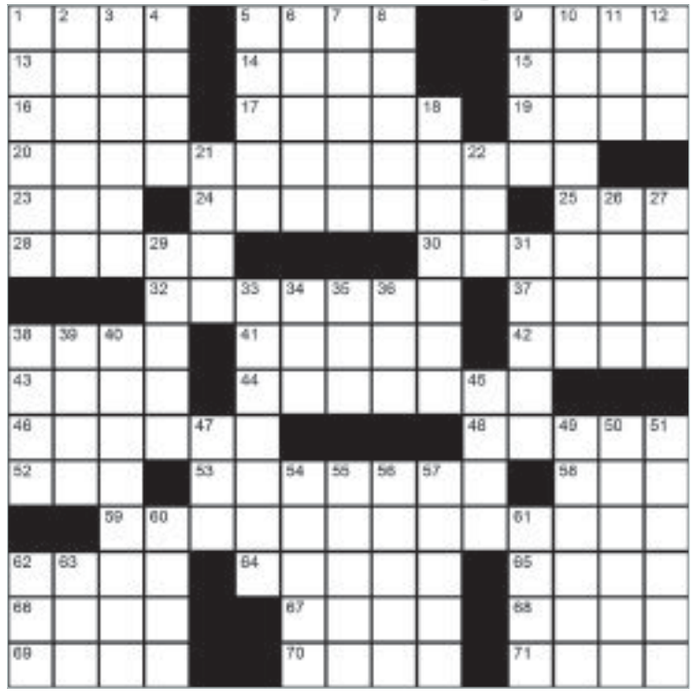
♒ Aquarius
Jan. 21 - Feb. 19
If you want to convince authority figures you know what you are talking about, you must back up your opinions with facts. If you can't do that well it would be best if you stayed quiet today.

♓ Pisces
Feb. 20 - March 20
Cooperation will go a long way today, especially as so many people seem to be looking for excuses to start a fight. Victory sometimes it goes to those who get themselves organized.

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

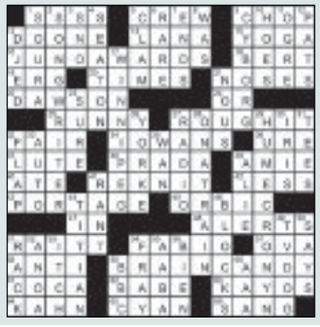
BY KELLY ANN BUCHANAN



Across
1.Tennis shots
5. 9th Greek alphabet letter
9. Sultanate of the Arabian Peninsula
13. _ __ (Together, in music)
14. Instrument-with-sticks
15. Cougar
16. Team
17. Resort destination
19. Spot
20. "Rapper's Delight" band: 2 wds.
23. "_ __ Mine" by The Beatles
24. Nylons
25. 'King' of France
28. Cosmetician Ms. Lauder
30. Not at sea: 2 wds.
32. Canadian designer of Michelle Obama's inaugural gowns: 2 wds.
37. Eye part
38. T. __ Price (Investment firm)
41. Royal __ Golf Club (Championship golf course in Scotland founded in 1878)
42. Possessive pronoun
43. Of a lyric poem
44. In a sick-of-it-all manner
46. Ms. Cardinal, Canadian actress in "Dances with Wolves" (1990)
48. Emily Carr's prop
52. Director Mr. Pollack, for short
53. __ Reuters
58. Cuckoo bird
59. Yuk Yuk's performers: 2 wds.
62. Item-for-a-foot
64. Psalms mysterious-meaning word
65. Many times: 2 wds.
66. Bear: French
67. Planetary travel unit, __. __.
68. Burial shroud
69. Top
70. Physicist Ms. Meitner
71. "I Dream of Jeannie" star Barbara

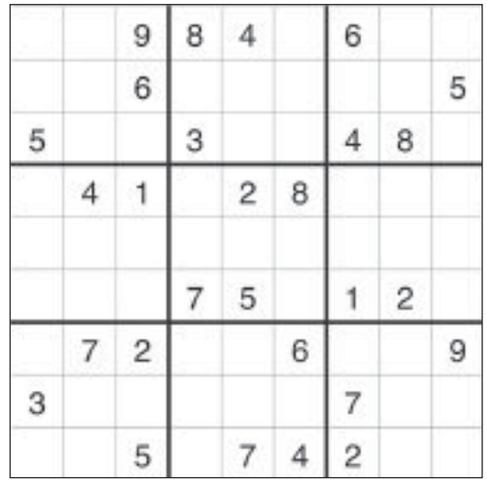
Down
1. Famous television dog
2. Abhorrences
3. Concern for Joe Oliver as Canada's new Finance Minister
4. "I __ _ ghost!" (Scary movie line, perhaps)
5. Particular potato
6. Root used in perfumes
7. "Tough Guys" all-girl rock band from Toronto
8. Saunter
9. Candid
10. Susan __, Canadian author of The Charcoal Burners
11. Concert's make-the-music-sound-louder thingy
12. Posh opposite of 'Yes'
18. Beached
21. Kirstie's co-star
22. Ms. Rand
26. Humdinger
27. Ms. Lupino's
29. Throw out
31. "I __ __ Papi" by Jennifer Lopez
33. East Coast city: 2 wds.
34. From Madonna's "Vogue": "...boy __ _ girl / If the music's..."
35. Positive gesture
36. Misery
38. Decays
39. Showbiz personality Aubrey
40. Buckingham Palace family, The __
45. Fallon's predecessor
47. Hiroshima's river
49. Went by boat
50. Lotto 6/49 playing option
51. Lend an ear
54. Entertainment journalist Nancy
55. __-faceted
56. __ or neuters
57. Nature shade
60. Try out
61. Spice sort
62. Shed many tears
63. Tint

Friday's Crossword



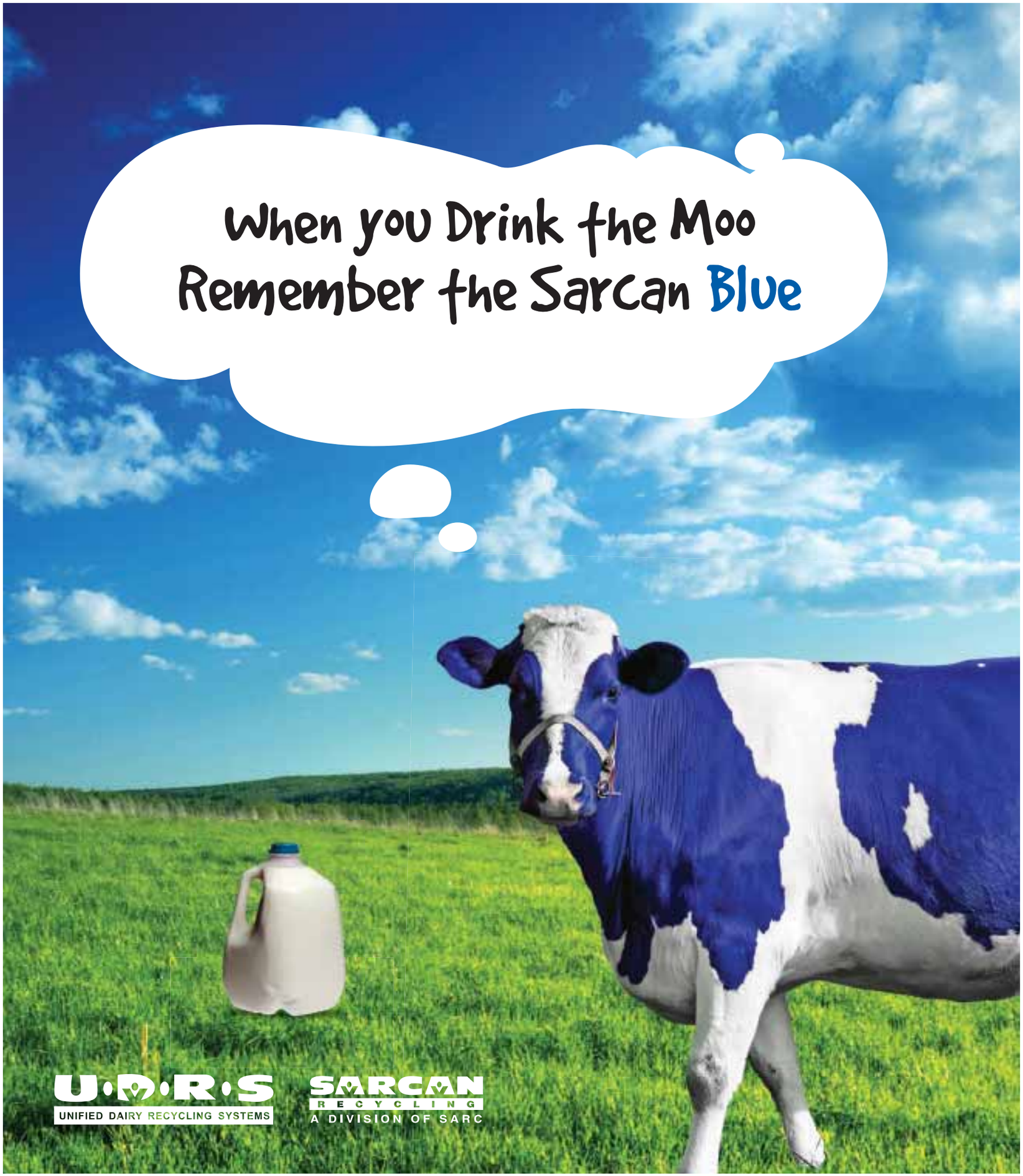
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

URBAN
BLIND CLEANING
10% TUESDAY
(for the month of March)
Blinds in by Tuesday and ready by the weekend.
Recieve 10% off cleaning*
*Does not include Pickup/Delivery,Take-Down/Reinstall
We repair blinds and carry a variety of parts and cording
Urban Shade & Shutter
306-565-1869
1920A Francis Street
Regina, Sk, S4N 6B3


When you Drink the Moo
Remember the Sarcan Blue
U·M·R·S
UNIFIED DAIRY RECYCLING SYSTEMS
SARCAN
RECYCLING
A DIVISION OF SARC